

T H E M U S L I M  
D I A R Y



al-Ansāriyah Publications

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the most Merciful  
the most Compassionate

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Birmingham - England

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# *The Muslim Diary*

*A daily guide to worship*

*Edited by*

Umm Dhirar  
Umm Khuwaylid

al-Ansâriyah Publications  
Birmingham, UK

# CONTENTS PAGE

|   |    |
|---|----|
| • Publisher's Preface .....                       | 8  |
| • Virtues of the Remembrance Of Allah [swt] ..... | 11 |
| *1 - The mandatory prayers.....                   | 18 |
| *2 - The Sunnah prayers.....                      | 19 |
| *3 - Siwaak.....                                  | 23 |
| *4 - 33x33x33x.....                               | 24 |
| *5 - Ayat ul-Qursi.....                           | 25 |
| *6 - 1x Surah al-Ikhlās, al-Falaq, An-Naas.....   | 27 |
| *7 - Stay in the Masjid after Salah al-Fajr.....  | 30 |
| *8 - Salah ad-Duha.....                           | 30 |
| *9 - Qiyam al-layl and Witr Salah .....           | 32 |
| *10 - Read Qur'an .....                           | 34 |
| *11 – Da'wah .....                                | 36 |
| *12 - Seek knowledge .....                        | 37 |
| *13 - 100x Ask Allah for forgiveness.....         | 38 |
| *14 - 100x Subhan Allah .....                     | 39 |
| *15 - 100x Subhan Allāhi wa bihamdihi.....        | 39 |
| *16 - 100x La ilāha illallāhu, waḥ'dahu.....      | 40 |
| *17 - 3x Surah Al-Ikhlās, Al-Falaq, An-Naas ..... | 41 |
| *18 - 7x Hasbiyallāhu.....                        | 41 |

|   |    |
|---|----|
| *19 - 4x Allahumma inni...                    | 42 |
| *20 - 1x Allahumma ma asbah'a...              | 43 |
| *21 - 3x Radeetu billahi Rabban...            | 44 |
| *22 - 10x ask blessings for the Prophet [saw] | 45 |
| *23 - Dua' against shirk                      | 45 |
| *24 - 3x Paradise. 3x Hell                    | 46 |
| *25 - Before sleeping 33x33x34x               | 46 |
| *26 - Sadaqah                                 | 46 |
| *27 - Fasting                                 | 47 |
| • Be constant & steadfast                     | 49 |
| • In the end                                  | 51 |
| • Valuable advice                             | 51 |

My mind ponders and contemplates,  
Dwelling on the reality of life,  
Yet nothing is as scary as the Realness of the Ever-Living.

His closeness,  
His knowledge of my inner self,  
The insides tremble and frighten at this reality,

I awake,  
Sometimes,  
I hear nothing except my heart beating,  
Beat after beat it beats,  
One thought is flowing in my mind,  
All that my mind and body desire at this moment,  
Is to stand,  
To stand before Him.

This feeling I would not exchange for the world,  
To fall prostrate and praise Him, tell Him I love Him and  
am longing to meet Him.

Life is a journey with many intended ambitions -  
Yet mine is simple.....to meet my Lord when I am  
closest to Him.'

## Publisher's Preface

All praise is for Allah. We praise Him, seek His assistance and we seek His forgiveness. We seek refuge in Him from the evil of our own souls and from the wickedness of our deeds. Whomever He guides shall never go astray, and whomever He allows to stray shall never find guidance. I bear witness that there is none worthy of worship except Allah, alone, He has no partner, and I bear witness that Muhammad is His slave and His messenger. May the peace and blessings of Allah be upon him, his family and his Companions and upon those who follow them in piety until the Day of Judgement.

In these times of hastening and being busy, of 'no time' and 'o, I forgot,' we want to give ourselves a guide to help us in our worship through each day.

The Muslim Diary contains a practical list on which you can mark the acts of worship and good deeds you did that day. The list is a selection of the most recommended acts of *'ibadah* [worship] in a schedule with all week days. All the deeds are being explained in an easy but powerful way through Qur'anic verses and Ahadith.

You can use the diary to strive to start practising all the mentioned points. There are many more things you can do, but The Muslim Diary is just a guide for a few very useful acts which carry great rewards.

You can also use The Muslim Diary as a tool to improve yourself. What did I do last month? What can I do this



month to make it better? Possible 'shortcomings' will be visible this way.

The name 'diary' already says it and this is how you should treat it. Make sure it becomes something personal and show it to nobody else. All the acts being ticked or coloured are between you and Allah the Most High.

On [www.themuslimdiary.com](http://www.themuslimdiary.com) you can find the weekly lists to print yourself. Your deeds mentioned in the lists are only for Allah the Most Exalted, to search for His Pleasure and to get closer to Him. Don't complete the list by just marking all the points and show somebody else, unless you want to encourage them to start using the diary.

Abu Hafs 'Umar bin al-Khattab [ra] said: "I heard the Messenger of Allah [saw] saying: **Actions are only by intentions, and every man has only that which he intended. Whoever's emigration is for Allah and His Messenger then his emigration is for Allah and His Messenger. Whoever's emigration is for some worldly gain which he can acquire or a woman he will marry then his emigration is for that for which he emigrated.**"

*[Bukhari, Muslim]*

That is why we should keep trying to make our intentions pure and sincere. For any deed to be accepted by Allah, the Most High, must be done for Allah the Glorious, the Most High alone and it must be done the way Allah, the Exalted and His Prophet Muhammad [saw] legislated.

In order to make The Muslim Diary small and easily portable, the texts of the Ahadith accounts were shortened

and only one or two from the many that exist in the sources were supplied.

We ask Allah the Glorious, the Mighty, by His beautiful Names and sublime Attributes to accept this as being done sincerely for His Face alone. May those who read it and those who have had any role in distributing it or supported in publishing it, greatly benefit from it. Surely He, glory is to Him, is Capable of all things.

al-Ansâriyah Publications  
**Birmingham, UK**

# Virtues of the Remembrance Of Allah

## [swt]

**“So remember Me; I will remember you. And be grateful to Me and do not deny Me.”**

*[Al-Baqarah 2:152]*

**"The believers are only those who, when Allah is mentioned, they feel a tremor in their hearts..."**

*[Al-Anfal 8:2]*

**“...then woe to those whose hearts are hardened against the remembrance of Allah. Those are in manifest error.”**

*[az-Zumar 39:22]*

In the Qur'an, Allah [swt] names human beings as *Insan*. One of the meanings of the word *Insan* is 'forgetful' – we are constantly forgetting – when one is ill, one forgets how it felt like being healthy, when one is rich one forgets how it was like when they were poor, when one is happy one forgets how it felt like when they were sad – by the evening one has even forgotten what they had to eat for breakfast. Hence, we are constantly forgetting.

However, in all instances, as soon as something is mentioned of a previous [forgotten] state – the memories will come rushing back to someone. In the world of many distractions the Believer uses the various acts of worship to remind him/her of Allah [swt]. Indeed if all the acts of worship in Islam were analyzed, one will see that one of the underlying pillars of these acts is the remembrance of Allah [swt].

Following is a collection of Ahadith which illustrate the virtues of the Remembrance of Allah [swt];

The Prophet [saw] said that Allah [swt] says: **"I am near to the thought of My servant as he thinks about Me, and I am with him as he remembers Me. And if he remembers Me in his heart, I also remember him in My Heart, and if he remembers Me in assembly I remember him in assembly, better than his [remembrance], and if he draws near Me by the span of a palm, I draw near him by the cubit, and if he draws near Me by the cubit I draw near him by the space [covered by] two hands. And if he walks towards Me, I rush towards him."**

*[Hadith Qudsi]*

The Prophet [saw] said: **"The example of one who remembers Allah and someone who does not, is like the example between the living and the dead."**

*[Bukhari]*

The Prophet [saw] said: **"Shall I inform you of the best of your actions and the purest of your property and the highest of your degrees and what is better for you than spending gold and silver and better for you than encountering the enemy and striking their necks and their striking your necks?" They said, "Yes, indeed!" He said, "Remembrance of Allah Almighty."**

*[Ahmad, Ibn Abi'd-Dunya, at-Tirmidhi and Ibn Majah]*

The Prophet [saw] said: **"There is no time in which the son of Adam does not remember Allah in it, except that**

**it will be a source of regret for him on the Day of Judgement.”**

*[Bayhaqi]*

**Ibn Abbas [ra] narrated: “Paradise has eight gates, one of which is exclusively reserved for those engaged in dhikr.”**

## Tick or colour the fields until you have your day total

| Deed / Days                               | M<br>o | T<br>u | W<br>e | T<br>h | F<br>r | S<br>a | S<br>u |
|---|--------|--------|--------|--------|--------|--------|--------|
| Siwaak *3                                 |        |        |        |        |        |        |        |
| 2 Rak'ah Sunnah before al-Fajr *2         |        |        |        |        |        |        |        |
| <b>Salah al-Fajr *1</b>                   |        |        |        |        |        |        |        |
| 33x33x33 *4                               |        |        |        |        |        |        |        |
| Ayat ul-Qursi *5                          |        |        |        |        |        |        |        |
| 3x Surah Al-Ikhlâs, Al-Falaq, An-Naas *17 |        |        |        |        |        |        |        |
| Stay in the masjid after Salah al-Fajr *6 |        |        |        |        |        |        |        |
| Salah ad-Duh'a *7                         |        |        |        |        |        |        |        |
| Siwaak *3                                 |        |        |        |        |        |        |        |
| 4 Rak'ah Sunnah before ad-Dhohr *2        |        |        |        |        |        |        |        |
| <b>Salah ad-Dhohr *1</b>                  |        |        |        |        |        |        |        |
| 33x33x33 *4                               |        |        |        |        |        |        |        |
| Ayat ul-Qursi *5                          |        |        |        |        |        |        |        |
| 1x Surah Al-Ikhlâs, Al-Falaq, An-Naas *6  |        |        |        |        |        |        |        |
| 2 Rak'ah Sunnah after ad-Dhohr *2         |        |        |        |        |        |        |        |
| Siwaak *3                                 |        |        |        |        |        |        |        |
| 4 Rak'ah Sunnah before al-'Asr *2         |        |        |        |        |        |        |        |
| <b>Salah al-'Asr *1</b>                   |        |        |        |        |        |        |        |
| 33x33x33 *4                               |        |        |        |        |        |        |        |
| Ayat ul-Qursi *5                          |        |        |        |        |        |        |        |
| 1x Surah Al-Ikhlâs, Al-Falaq, An-Naas *6  |        |        |        |        |        |        |        |
| Siwaak *3                                 |        |        |        |        |        |        |        |
| <b>Salah al-Maghrib *1</b>                |        |        |        |        |        |        |        |
| 33x33x33 *4                               |        |        |        |        |        |        |        |
| Ayat ul-Qursi *5                          |        |        |        |        |        |        |        |
| 3x Surah Al-Ikhlâs, Al-Falaq, An-Naas *17 |        |        |        |        |        |        |        |
| 2 Rak'ah Sunnah after al-Maghrib *2       |        |        |        |        |        |        |        |
| Siwaak *3                                 |        |        |        |        |        |        |        |

| Deed / Days                               | M<br>o | T<br>u | W<br>e | T<br>h | F<br>r | S<br>a | S<br>u |
|---|--------|--------|--------|--------|--------|--------|--------|
| <b>Salah al-'Isha *1</b>                  |        |        |        |        |        |        |        |
| 33x33x33 *4                               |        |        |        |        |        |        |        |
| Ayat ul-Qursi *5                          |        |        |        |        |        |        |        |
| 1x Surah Al-Ikhlâs, Al-Falaq, An-Naas *6  |        |        |        |        |        |        |        |
| 2 Rak'ah Sunnah after al-'Isha *2         |        |        |        |        |        |        |        |
| Total 12 Rak'ah Sunnah *2                 |        |        |        |        |        |        |        |
| Qiyam al-layl *9                          |        |        |        |        |        |        |        |
| Witr Salah * 9                            |        |        |        |        |        |        |        |
| Read Qur'an *10                           |        |        |        |        |        |        |        |
| Da'wah *11                                |        |        |        |        |        |        |        |
| Seek knowledge *12                        |        |        |        |        |        |        |        |
| 100x ask Allah for forgiveness*13         |        |        |        |        |        |        |        |
| 100x Subhan'Allah *14                     |        |        |        |        |        |        |        |
| 100x Subhan'Allahi wa bihamdihi *15       |        |        |        |        |        |        |        |
| 100x La ilaha illallah, wah'dahu... *16   |        |        |        |        |        |        |        |
| Ayat ul-Qursi *5                          |        |        |        |        |        |        |        |
| 3x Surah Al-Ikhlâs, Al-Falaq, An-Naas *17 |        |        |        |        |        |        |        |
| 7x Hasbiyallahu... *18                    |        |        |        |        |        |        |        |
| 4x Allahumma inni... *19                  |        |        |        |        |        |        |        |
| 1x Allahumma maa asbah'a... *20           |        |        |        |        |        |        |        |
| 3x Radeetu billahi Rabban... *21          |        |        |        |        |        |        |        |
| 10x blessings for the Prophet [saw] *22   |        |        |        |        |        |        |        |
| Dua' against shirk *23                    |        |        |        |        |        |        |        |
| 3 x Paradise, 3 x Hell *24                |        |        |        |        |        |        |        |
| Before sleeping 33x33x34 *25              |        |        |        |        |        |        |        |
| Sadaqah *26                               |        |        |        |        |        |        |        |
| Fasting*27                                |        |        |        |        |        |        |        |
| <b>Total</b>                              |        |        |        |        |        |        |        |

**Tick or colour the fields until you have your day total**

| <b>Deed / Days</b>                         | <b>M</b><br><b>o</b> | <b>T</b><br><b>u</b> | <b>W</b><br><b>e</b> | <b>T</b><br><b>h</b> | <b>F</b><br><b>r</b> | <b>S</b><br><b>a</b> | <b>S</b><br><b>u</b> |
|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Siwaak *3                                  |                      |                      |                      |                      |                      |                      |                      |
| 2 Rak'ah Sunnah before al-Fajr *2          |                      |                      |                      |                      |                      |                      |                      |
| <b>Salah al-Fajr *1</b>                    |                      |                      |                      |                      |                      |                      |                      |
| 33x33x33 *4                                |                      |                      |                      |                      |                      |                      |                      |
| Ayat ul-Qursi *5                           |                      |                      |                      |                      |                      |                      |                      |
| 3x Surah Al-Ikhlash, Al-Falaq, An-Naas *17 |                      |                      |                      |                      |                      |                      |                      |
| Stay in the masjid after Salah al-Fajr *6  |                      |                      |                      |                      |                      |                      |                      |
| Salah ad-Duh'a *7                          |                      |                      |                      |                      |                      |                      |                      |
| Siwaak *3                                  |                      |                      |                      |                      |                      |                      |                      |
| 4 Rak'ah Sunnah before ad-Dhohr *2         |                      |                      |                      |                      |                      |                      |                      |
| <b>Salah ad-Dhohr *1</b>                   |                      |                      |                      |                      |                      |                      |                      |
| 33x33x33 *4                                |                      |                      |                      |                      |                      |                      |                      |
| Ayat ul-Qursi *5                           |                      |                      |                      |                      |                      |                      |                      |
| 1x Surah Al-Ikhlash, Al-Falaq, An-Naas *6  |                      |                      |                      |                      |                      |                      |                      |
| 2 Rak'ah Sunnah after ad-Dhohr *2          |                      |                      |                      |                      |                      |                      |                      |
| Siwaak *3                                  |                      |                      |                      |                      |                      |                      |                      |
| 4 Rak'ah Sunnah before al-'Asr *2          |                      |                      |                      |                      |                      |                      |                      |
| <b>Salah al-'Asr *1</b>                    |                      |                      |                      |                      |                      |                      |                      |
| 33x33x33 *4                                |                      |                      |                      |                      |                      |                      |                      |
| Ayat ul-Qursi *5                           |                      |                      |                      |                      |                      |                      |                      |
| 1x Surah Al-Ikhlash, Al-Falaq, An-Naas *6  |                      |                      |                      |                      |                      |                      |                      |
| Siwaak *3                                  |                      |                      |                      |                      |                      |                      |                      |
| <b>Salah al-Maghrib *1</b>                 |                      |                      |                      |                      |                      |                      |                      |
| 33x33x33 *4                                |                      |                      |                      |                      |                      |                      |                      |
| Ayat ul-Qursi *5                           |                      |                      |                      |                      |                      |                      |                      |
| 3x Surah Al-Ikhlash, Al-Falaq, An-Naas *17 |                      |                      |                      |                      |                      |                      |                      |
| 2 Rak'ah Sunnah after al-Maghrib *2        |                      |                      |                      |                      |                      |                      |                      |
| Siwaak *3                                  |                      |                      |                      |                      |                      |                      |                      |



| Deed / Days                               | M<br>o | T<br>u | W<br>e | T<br>h | F<br>r | S<br>a | S<br>u |
|---|--------|--------|--------|--------|--------|--------|--------|
| <b>Salah al-'Isha *1</b>                  |        |        |        |        |        |        |        |
| 33x33x33 *4                               |        |        |        |        |        |        |        |
| Ayat ul-Qursi *5                          |        |        |        |        |        |        |        |
| 1x Surah Al-Ikhlās, Al-Falaq, An-Naas *6  |        |        |        |        |        |        |        |
| 2 Rak'ah Sunnah after al-'Isha *2         |        |        |        |        |        |        |        |
| Total 12 Rak'ah Sunnah *2                 |        |        |        |        |        |        |        |
| Qiyam al-layl *9                          |        |        |        |        |        |        |        |
| Witr Salah * 9                            |        |        |        |        |        |        |        |
| Read Qur'an *10                           |        |        |        |        |        |        |        |
| Da'wah *11                                |        |        |        |        |        |        |        |
| Seek knowledge *12                        |        |        |        |        |        |        |        |
| 100x ask Allah for forgiveness*13         |        |        |        |        |        |        |        |
| 100x Subhan'Allah *14                     |        |        |        |        |        |        |        |
| 100x Subhan'Allahi wa bihamdihi *15       |        |        |        |        |        |        |        |
| 100x La ilaha illallah, wah'dahu... *16   |        |        |        |        |        |        |        |
| Ayat ul-Qursi *5                          |        |        |        |        |        |        |        |
| 3x Surah Al-Ikhlās, Al-Falaq, An-Naas *17 |        |        |        |        |        |        |        |
| 7x Hasbiyallahu... *18                    |        |        |        |        |        |        |        |
| 4x Allahumma inni... *19                  |        |        |        |        |        |        |        |
| 1x Allahumma maa asbah'a... *20           |        |        |        |        |        |        |        |
| 3x Radeetu billahi Rabban... *21          |        |        |        |        |        |        |        |
| 10x blessings for the Prophet [saw] *22   |        |        |        |        |        |        |        |
| Dua' against shirk *23                    |        |        |        |        |        |        |        |
| 3 x Paradise, 3 x Hell *24                |        |        |        |        |        |        |        |
| Before sleeping 33x33x34 *25              |        |        |        |        |        |        |        |
| Sadaqah *26                               |        |        |        |        |        |        |        |
| Fasting*27                                |        |        |        |        |        |        |        |
| <b>Total</b>                              |        |        |        |        |        |        |        |

## \*1 - The mandatory prayers

The mandatory prayers are the first practical pillar of Islam and the only obligation directly commanded to our Prophet Muhammad [saw] by Allah the Most High, during the heaven journey at night, *al-Miraj*.

Many scholars have the opinion that if one does not observe the five mandatory prayers it is an act of *kufr* [disbelief] which expels them from the boundaries of Islam - becoming a disbeliever; we seek our refuge with Allah the Most Exalted.

Jabir [ra] narrated that the Prophet [saw] said: **“Between a person and disbelief is the prayer.”**

*[Ahmad, Muslim, Abu Dawud, at-Tirmidhi, Ibn Majah]*

And Buraydah [ra] said: 'I heard the Messenger of Allah [saw] saying: **“The obligation that separates us from them is the prayer. He who distances himself from it has become a disbeliever.”**

*[Ahmad, Muslim, Abu Dawud, at-Tirmidhi, Ibn Majah]*

And from ‘Abdullah ibn ‘Amr [ra] is the narration that on a day, talking about the prayer, the Prophet [saw] said: **“For the one who observes prayer, it will be a light for him, a proof and a savior on the Day of Resurrection. For the one that has not maintained it, there is no light, no**

**proof, no solution and on the Day of Resurrection he is like Qaarun, Fir'awn, Haman and Ubayy ibn Khalaf.”**

*[Ahmad, at-Tabarani, Ibn H'ibbaan]*

Abu Hurayrah [ra] narrated that he heard the Messenger of Allah [saw] saying: **“Tell me, if a person had a stream outside his door and he bathed in it five times a day, do you think he would have any filth left on him?”** The people said, **“No filth would remain on him whatsoever.”** The Prophet [saw] then said, **“That is like the five daily prayers: Allah wipes away the sins by them.”**

*[Bukhari, Muslim]*

Make a deal with yourself when you tick the box of the mandatory prayers: The ones that you have trouble with praying on time, you tick when you actually prayed them on their fixed time. The neighbours of the Masjid [and others] can tick the box when they have prayed in the Masjid. If you can't do this because of work or study, you can fill in a **‘h’** in the box if you prayed at home and a **‘m’** if you prayed in the Masjid.

## **\*2 - The Sunnah prayers**

As we know from the hadith concerning the judgment of the believer on the Day of Judgment, the optional deeds will be looked at to cover any deficiency and shortcomings in

the obligatory deeds, like not having good Khushu' [humility, concentration]. In addition, the Prophet Muhammad [saw] is our example and we need to try our best to follow him in his Sunnah and in doing so we can attain additional reward.

Every day that you pray 12 voluntary rak'ah, Allah the Almighty builds a house for you in Paradise. The Mother of the Believers, Umm Habibah [ra], wife of the Prophet [saw], narrated that she heard the Messenger of Allah [saw] saying: **“There is no Muslim servant that prays every day twelve voluntary rak'ah for Allah the Most Exalted, or Allah will build a house for him in Paradise.” Or: “...a house in Paradise will be built.”**

*[Muslim]*

According Imam an-Nasa'i and at-Tirmidhi the following 12 voluntary rak'ah are strongly recommended Sunnah-prayers [Sunnah mu'akkadah or as-Sunnan ar-rawatib] these are:

- 2 rak'ah before the Fajr-prayer
- 4 rak'ah before the Dhohr-prayer and 2 rak'ah after the Dhohr-prayer
- 2 rak'ah after the Maghrib-prayer
- 2 rak'ah after the 'Isha prayer

The 'Asr prayer doesn't have a routine based Sunnah or a frequent recommended voluntary prayer. But it is mustahabb [recommended] that one prays four rak'ah before the 'Asr-prayer. The four rak'ah have less reward

than the Sunnah ar-rawatib described above and it is less important that these are observed every time. These four rak'ah are the ones meant by the Prophet [saw] when he said: **“May Allah have mercy for the one that prays four rak'ah before the ‘Asr-prayer.”**

*[at-Tirmidhi]*

It is worth pointing out that, according to Imam Shaf'i and Ahmad, it is best to observe all 4-rak'ah voluntary prayers in 2 rak'ah units.

Abu Hurayrah [ra] said: **“My Khalil [friend, meaning the Prophet] advised me to take in consideration three things and I will not leave them until I die: [1] to fast [sawm] three days of every month; [2] to observe the Duh'a-prayer; [3] to observe the witr-prayer before sleeping.”**

*[Bukhari, Muslim]*

Aa'ishah [ra] narrated that the Prophet [saw] said: **“The two rak'ah before the morning [Fajr] prayer are better than the world and everything in it.”**

*[Muslim]*

Aa'ishah [ra] narrated that; **“The Prophet [saw] was never as frequent and strict in observing any nawafil as the two rak'ah [Sunnah before] the morning [Fajr] prayer”.**

*[Bukhari, Muslim]*

Umm Habibah [ra] narrated that the Prophet [saw] said: **“Anyone that lives by the action of observing four rak’ah before the Dhohr-prayer and four rak’ah after, Allah will protect him from the Fire of Hell.”**

*[Abu Dawud, at-Tirmidhi, an-Nasa’i]*

‘Abdullah ibn ‘Amr [ra] narrated that the Prophet [saw] said: **“Make witr as your last salah [prayer] at night.”**

*[Bukhari, Muslim]*

When somebody enters the Masjid, he needs to observe two rak’ah [tahiyyat al-Masjid] before he sits down. Abu Qatadah [ra] narrated that the Prophet [saw] said: **“If somebody of you enters a Masjid, let him pray two rak’ah before he sits.”**

*[Bukhari, Muslim]*

Abu Hurayrah [ra] narrated that the Prophet [saw] said to Bilal [ra]: **“Tell me about the most hopeful deed [meaning the deed you think is most rewarded by Allah] that you observed since your acceptance of Islam, because I heard the sound of footsteps of your shoes in front of me in Paradise.”** Bilal said: **“I think of no deed being more hopeful than when I perform the ritual washing [wudhu] on a time a day or at night, I observe salah [prayer] as long as is decided for me to observe.”**

*[Bukhari, Muslim]*

### \*3 - Siwaak

For those who practice the prayer, taking solace in it as they are praising, glorifying and talking to the Greatest, King of Kings – they present themselves to Him in as nice a state as they can. Using the siwaak [tooth stick] is something which was often strongly recommended by the Prophet [saw]; **“If it would not be a hardship for my community, I would command them to use the tooth stick [siwaak or miswaak] before every prayer.”**

*[Bukhari, Muslim, Abu Dawud, at-Tirmidhi, an-Nasa’i]*

The siwaak is a twig or stick from the arak tree of which the end is softened and which is used as a toothbrush. Siwaak is a method to clean the mouth as well as a way to earn the pleasure of Allah the Most Exalted, as is being proved in the hadith of Aa’ishah [ra], who said: ‘ The messenger of Allah [saw] has said: **“Siwaak cleans the mouth and pleases the Lord.”**

*[Bukhari, Ahmad, an-Nasa’i]*

Using a siwaak is being recommended at all times, day and night. The scholars also mentioned certain moments in which the use of a siwaak is even more encouraged. These are summarized:

- When performing wudhu and right before the prayer
- When someone enters his house to be with his family
- When getting up after having slept

- When the smell of your mouth changes
- When you go to the Masjid
- When you are going to read Qur'an and gatherings in which Allah is being remembered [dhikr]
- When you are fasting

The etiquette of using the siwaak is the following:

- the siwaak needs to be washed after use, to remove any remains that are left in it
- the siwaak should be kept in a clean place
- one should remove a piece of the siwaak every day because bacteria could grow in it and this can damage the teeth or the gum

There is nothing wrong with using a siwaak that is flavoured with mint, lemon and so on, so long as they do not cause any harm. A person who is fasting should avoid these flavored siwaaks and only use a natural siwaak.

#### **\*4 - 33x33x33x**

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَاللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ  
[ثَلَاثًا وَثَلَاثِينَ]

This means saying 33 times 'Subhan Allah', 33 times 'Al hamdu lillah', 33 times 'Allahu Akbar' and one time 'la



**ilaha illallahu wahdahu la shareeka lahu, la hul mulku wa la hul hamdu wa Huwa 'ala kulli shai'in Qadeer.'**

Abu Hurayrah [ra] narrated that the Messenger of Allah [saw] said: **“He who directly after the [mandatory] salah says 33 times the words ‘Subhan Allah’ [Exalted is Allah] and 33 times ‘Al hamdu lillah’ [all praise is for Allah] and 33 times the words ‘Allahu Akbar’ [Allah is the Greatest] and to complete the amount of hundred says: ‘la ilaha illallahu wahdahu la shareeka lahu, la hul mulku wa la hul hamdu wa Huwa 'ala kulli shai'in Qadeer [there is none worthy of worship except Allah alone, He has no partner. His is dominion and His is praise and He is capable of all things], all his sins will be forgiven, even if they are as the foam of the sea.”**

*[Muslim]*

Abdullah bin 'Umar [ra] said: **“I saw the Prophet [saw] counting praises of His Lord on his right hand.**

*[Abu Dawud, At-Tirmidhi]*

## **\*5 - Ayat ul-Qursi**

Ayat ul-Qursi, ayat 255 of Surah al-Baqarah, has many blessings and that is why The Muslim Diary could not do without it. In the list Ayat ul-Qursi is being mentioned after every mandatory prayer and this is because of the following very important reason:

The Messenger of Allah [saw] has said: **“Every one that recites this after every mandatory prayer, only death will prevent him going in to Paradise.”**

*[An-Nasa'i, Ibn as-Sunni]*

Also mentioned in the list is ‘Ayat al-Qursi in the morning’ and ‘Ayat al-Qursi in the evening’. This is due to the saying of the Messenger of Allah [saw]: **“Every one that recites this when he wakes up in the morning is protected against jinn until the evening and everyone that recites this in the evening is protected against jinn until the morning.”**

*[Al-Hakim, an-Nasa'-i, at Tabarani]*

The morning refers to the time after the Fajr prayer. There is a difference of opinion about the evening. Some scholars say the dhikr of the evening can be said after the ‘Asr prayer, others say it should be said after the Maghrib prayer.

Ayat ul-Qursi is:

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي  
السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ  
مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا  
شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ  
الْعَلِيُّ الْعَظِيمُ

*Allahu la ilaha illa Huwal Hayyul Qayyoom, la ta'kbu-dhubu  
sinatun wa la naum, lahu ma fassamaawati wa ma fil ard ,man dhal  
ladhi yashfa'u 'indahu illa bi idhnih, ya'lamu ma baina aideehim wa  
ma khalafahum, wa la yubeetoonu bisbai'im min 'ilmih illa bima  
shaa'a ,wasi'a kursiyyuhus samaa-waati wal ard, wa la ya'ooduhu  
hifzuhuma, wa Huwal 'Alyyul-'Adbeem.*

**Allah - there is no deity except Him, the Ever-Living,  
the Sustainer of [all] existence. Neither drowsiness  
overtakes Him nor sleep. To Him belongs whatever is  
in the heavens and whatever is on the earth. Who is it  
that can intercede with Him except by His permission?  
He knows what is [presently] before them and what  
will be after them, and they encompass not a thing of  
His knowledge except for what He wills. His Kursī  
extends over the heavens and the earth, and their  
preservation tires Him not. And He is the Most High,  
the Most Great.**

*[Surah Al Baqarah, ayah 255]*

## **\*6 - 1x Surah al-Ikhlās, al-Falaq, An-Naas**

The Prophet [saw] used to say Surah al-Ikhlās, al-Falaq and An-Naas after every prayer. These three suwaar are also known as the *mu'awadhaat*: the three to seek refuge in Allah [swt].

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 قُلْ هُوَ اللَّهُ أَحَدٌ ❀ اللَّهُ الصَّمَدُ ❀ لَمْ يَلِدْ وَلَمْ يُولَدْ ❀  
 وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

*Bismillaahir-Rahmaanir-Rabeem. Qul Huwallahu 'Ahad. Allaahus-Samad. Lam yalid wa lam yoolad. Wa lam yakun lahu kufuwan 'ahad.*

**In the Name of Allah, the Most Gracious, the Most Merciful. Say, “He is Allah [who is] One, Allah, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent.”**

*[Surah Al-Ikhlās]*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ❀ مِنْ شَرِّ مَا خَلَقَ ❀ وَمِنْ شَرِّ غَاسِقٍ إِذَا  
 وَقَبَ ❀ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ❀ وَمِنْ شَرِّ حَاسِدٍ إِذَا  
 حَسَدَ

*Bismillaahir-Rahmaanir-Rabeem. Qul 'a'oothu birabbil-falaq. Min sharri maa kbalaq. Wa min sharri ghaasiqin 'ithaa waqab. Wa min sharrin-naffaathaati fil-'uqad. Wa min sharri baasidin 'ithaa basad.*

**In the Name of Allah, the Most Gracious, the Most Merciful. Say, “I seek refuge in the Lord of the daybreak, from the evil of what He has created, and from the evil of darkness when it settles and from the evil of the blowers in knots and from the evil of an**

envier when he envies.”

[Surah Al-Falaq]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ❖ مَلِكِ النَّاسِ ❖ إِلَهِ النَّاسِ ❖ مِنْ شَرِّ  
الْوَسْوَاسِ الْخَنَّاسِ ❖ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ❖ مِنْ  
الْجِنَّةِ وَالنَّاسِ

*Bismillaahir-Rahmaanir-Rabeem . Qul 'a'oothu birabbinn-naas .  
Malikin-naas . 'Ilaahin-naas . Min sharril-waswasil-khannaas.  
Allathee yumaswisu fee sudoorin-naas. Minal-jinnati wannaas*

**In the Name of Allah , the Most Gracious , the Most  
Merciful. Say, “I seek refuge in the Lord of mankind,  
The Sovereign of mankind, The God of mankind,  
From the evil of the retreating whisperer - Who  
whispers [evil] into the breasts of mankind-From  
among the jinn and mankind.”**

[Surah An-Naas]

These Surahs should be recited in Arabic after each prayer.  
After the ‘Asr and Fajr prayers they should be recited three  
times each.

[Abu Dawud, An-Nasa'i, At-Tirmidhi]

## **\*7 - Stay in the Masjid after Salah al-Fajr**

It's narrated that the Prophet [saw] said it is *mustahabb* [recommended] to remember Allah the Most Exalted [dhikr] after the Fajr prayer. You can observe the morning adhkaar, which are supplications for in the morning, or read the Qur'an.

*At-Tirmidhi* narrated that the Prophet [saw] said: **“Every one that prays Fajr in jam’ah [congregation], then sits and remembers Allah until the sun rises, then [approximately 15 minutes after the shuruq] prays 2 rak’ah, will get the reward of that of a hajj and ‘umrah.”**

## **\*8 - Salah ad-Duha**

The excellence of the Duh’a prayer is described in several Ahadith.

Ahmad and Abu Dawud record from Buraydah that the Prophet [saw] said: **“In a human [body] there are 360 joints and man must make a charity for each one.”** The people said: **“Who can do that, O Messenger of Allah?”** He responded: **“One may cover the dirt that one finds in the Masjid or remove something harmful from the road. If one could not do that, he could pray two rak’at of Duha and that will be sufficient for him.”**

Discussing the legal meaning of this hadith Imam Shawkani says: *“This hadith points out the significance, excellence and the importance of the Duha prayer that emphasizes the legitimacy that the rak’atayn [2 rak’ah] are sufficient for 360 acts of charity. Something like this should be observed frequently and with steadfastness.”*

An-Nawwas ibn Sam'an narrated that the Prophet [saw] said: **“Son of Aadam, do not leave the observing of four rak’ah in the early day, so it will be sufficient for the later part of the day.”**

*[al-Hakim, at-Tabarani, Ahmad, at-Tirmidhi, Abu Dawud, an-Nasa'i]*

Abu Hurayrah [ra] said: **“My friend [the Messenger of Allah] advised me to do three things and I will not leave them until I die: [1] fast three days per month; [2] observe the Duh’a prayer and [3] pray with before sleeping.”**

*[Bukhari, Muslim]*

The minimum amount of rak’ah that needs to be prayed is two, as mentioned in the hadith above. Most frequently the Prophet [saw] prayed eight rak’ah, while the greater amount he mentioned was twelve. Some people, like Ibn Jarir at-Tabari, al-Mulaymi and ar-Ruwyani, who belong to the Shafi’ law school, say that there is no maximum amount of rak’ah for the Duh’a prayer.

Al-Iraqi said in the explanation of Sunnan at-Tirmidhi: *“No one of the companions or followers is known that limited it to twelve*

*rak'ah.*” As-Suyuti shares this opinion.

*Umm Hani narrated that the Prophet [saw] prayed eight rak'ah for the Duh'a prayer and said the taslim [salaam] after every two rak'ah.*  
*[Abu Dawud]*

In the table you can fill in how many rak'ah you prayed for the Duh'a prayer.

The time for the Duh'a prayer starts when the sun is loose of the horizon [approximately 15 minutes after the shuruq – i.e., the end time for the Fajr prayer-] and lasts until the sun has reached its peak [approximately 20 minutes before the Dhohr-prayer]. The most preferred is to postpone the Duh'a prayer until the sun has risen high and the day has become hot.

Zayd ibn Arqam narrated: ‘The Messenger of Allah [saw] went to the people of Qubaa and they were praying the Duh'a prayer. He [saw] said: **“The prayer of the pious should be observed when the young suckling camels feel the heat of the sun.”**

*[Ahmad, Muslim, at-Tirmidhi]*

## **\*9 - Qiyam al-layl and Witr Salah**

One of the sweetest moments a Believer can have in the worship of Allah [swt] is that which is done in the depths of the night. Qiyam al-layl [standing in the night] is an act of



devotion and sincerity towards Allah [swt], when none can see you and there are no distractions which can weaken the Khushu' and concentration.

Abu Umamah al-Bahili [ra] narrated that Allah's Messenger [saw] said: **“You should pray Qiyam al-layl, because it was a habit of the sincere before you came. It is a way to come closer to your Lord, a compensation for sins and a barrier against sin [sinful behaviour].”**

*[at-Tirmidhi]*

The Prophet [saw] said: **“Each night our Lord comes down, to the lowest heaven, during the last third part of the night. He says: ‘Who is calling Me, so I can answer him? Who asks Me for something, so I can give it to him? Who asks for My forgiveness, so I can forgive him?’”**

*[Bukhari, Muslim]*

This is the optimum time to try to make dua' as it is when Allah the Most High has descended to the lowest heaven. Along with praying for yourselves and families, you should pray for the Muslims around you, the Mujahideen fighting for the sake of Allah [swt] and the oppressed Muslims around the globe. You can also pray for guidance, for a good end and to be in Jannah among the righteous, the martyrs and the Prophets.

You should endeavor to sleep on time and know that sleeping can also be a form of worship and thus will be

rewarded if you go to sleep on time with the intention to wake up for Qiyam al-layl.

Abu Hurayrah [ra] said: **“The Messenger of Allah [saw] has said: ‘May Allah have mercy on the man that gets up at night to pray Qiyam al-layl and then wakes up his wife to pray, and if she refuses that he sprinkles water on her face. And may Allah have mercy on the woman that gets up at night to pray and then wakes up her husband, and if he refuses that she sprinkles water on his face.’ ”** *[an-Nasa’i]*

## **\*10 - Read Qur’an**

**“If We had sent down this Qur’ān upon a mountain, you would have seen it humbled and coming apart from fear of Allah. And these examples We present to the people that perhaps they will give thought.”**

*[Surah al-Hashr, ayah 21]*

Imam al-Qurtabi writes in the introduction to his tafsir, *“Were it not that Allah [saw] had placed in the hearts of His slaves the strength to bear it so that they can reflect on it, study it and remember what it contains of His obedience, worship and performing His duties and obligations, they would be too weak and would collapse under its weight or perish [ayah above]. What is the strength of hearts compared to that of the mountains? But Allah provided His slaves*

*with the strength to bear what He wishes as a favour and mercy from Him."*

The Prophet [saw] once remarked: **"Surely, these hearts get rusted as iron gets rusted in water."** He was asked how the heart's rust could be rubbed off. He replied: **"By frequent remembrance of death and the recitation of the Qur'an."**

*[Bayhaqi]*

Abu Umamah narrated that he heard the Messenger of Allah [saw] say: **"Read the Qur'an, because it will appear on the Last Day as an intercessor for the ones that were its companions."**

*[Muslim]*

*How to use the list?*

In this field you can fill how many minutes you have spent reading the Qur'an and make a deal with yourself that you try to read at least fifteen minutes every day. After a month you read 20 minutes and like this you try to increase it.

Read the Qur'an and reflect on the meaning of the ayaat. Learn lessons from it and most importantly; apply them in your life! Recitation is an act in which your soul, heart, mind tongue and body participates. In short your whole existence becomes involved. Reading the Qur'an, mind, body, and reason are synchronized. As the tongue recites and words flow from the lips, the mind reflects, the soul absorbs, tears

gather up in the eyes and the heart trembles and becomes soft. Eventually, the outcome of your entire life depends on how you respond to the call given by Allah.

## **\*11 – Da’wah**

Allah the Most Exalted says:

**“You are the best nation produced [as an example] for mankind. You enjoin what is right and forbid what is wrong and believe in Allah. If only the People of the Scripture had believed, it would have been better for them. Among them are believers, but most of them are defiantly disobedient.”**

*[Surah Ale 'Imraan, ayah 110]*

For example, you can distribute articles or books by forwarding them by email or place them in the Masajid or libraries. You can also translate articles, support a website, teach your children an ayah and its meaning or set up your own da’wah project.

## **\*12 - Seek knowledge**

**‘...Allah will raise those who have believed among you and those who were given knowledge, by degrees. And Allah is Acquainted with what you do.’**

*[Surah al-Mujadilah, ayah 11]*

Gaining knowledge is not only reading books, but study them and contemplate what you read; just like you are not only reading the Qur’an, but you reflect on its meaning in your daily life!

Abu Hurayrah [ra] narrated that the Messenger of Allah [saw] said: **“Whosoever follows a path to seek knowledge therein, Allah will make easy for him a path to Paradise.”**

*[Muslim]*

The Messenger of Allah [saw] said: **“Whoever treads a path due to which he seeks knowledge, Allah will make him tread one of the paths towards Paradise. And the angels lower their wings out of contentment for the seeker of knowledge. And verily all those in the heavens and in the earth, even the fish in the depths of the sea ask forgiveness for the scholar. And verily, the virtue of the scholar over the worshipper is like the virtue of the full moon at night over all of the stars. Indeed, the scholars are the inheritors of the Prophets, for the Prophets do not leave behind a dinar or a dirham for**

inheritance, but rather, they leave behind knowledge. So whoever takes hold of it, has acquired a large share [i.e. of inheritance].” [Abu Dawud, at-Tirmidhi]

Go and search for knowledge: read books, articles, websites, attend lectures or courses. Also regarding this you can make a deal with yourself how much time a day you spend on seeking knowledge.

## **\*13 - 100x Ask Allah for forgiveness**

The Messenger of Allah [saw] said: **“By Allah, I seek forgiveness from Allah and repent to him more than seventy times in a day.”**

[Bukhari, al-'Asqalani, Fath' al-Bari]

The Messenger of Allah [saw] said: **“O people repent to Allah, because I repent hundred times a day.”**

[Muslim]

The Messenger of Allah [saw] said: **“Sometimes I perceive a veil over my heart, and I supplicate to Allah for forgiveness a hundred times in a day.”** [Muslim]

Ibn al 'Athir explained that *the Prophet [saw] was always careful in the remembrance of and the approaching of Allah if he forgot something that he would normally do, then it would feel like he committed injustice, so he began to seek the forgiveness of Allah.*

[Jami al-Usul]

*How to use the list?*

If our beloved Prophet [saw] repented 100 times a day and asked Allah for forgiveness, what should we do then? Just take some time every day to think about your shortcomings and the sins you committed and sincerely from your heart ask Allah the Most High for forgiveness.

You can ask forgiveness by saying: ‘*Astaghfirullah wa atubu ilay* [I seek the forgiveness of Allah and repent [turn back] to Him]’ – concentrating on what you are saying.

## **\*14 - 100x Subhan Allah**

The Messenger of Allah [saw] said: **“Is one of you not capable to earn thousand hasanat [rewards] every day?”** A person that attended the gathering asked: **‘How can one of us earn thousand hasanat?’** He [saw] said: **‘Praise Allah hundred times [by saying Subhan Allah] and thousand hasanat will be written for you or thousand sins will be removed.’**

*[Muslim]*

## **\*15 - 100x Subhan Allahi wa bihamdihi**

The Prophet [saw] also said: **“Of those who say hundred times a day: Subhan Allahi wa bi hamdihi [Exalted is**

**Allah and to Him belongs all praise], his misdeeds are erased, even though they are as the foam of the sea.”**

*[Bukhari, Muslim]*

## **\*16 - 100x La ilaha illallahu, wah'dahu...**

Abu Hurayrah [ra] narrated that the Messenger of Allah [saw] said: **“Who says a hundred times a day: ‘la ilaha illallahu wahdahu la shareeka lahu, la hul mulku wa la hul hamdu wa Huwa 'ala kulli shai’in Qadeer [there is no God but Allah alone, He has no partner. His is dominion and His is praise and He is capable of all things], will have the reward as if he has freed ten slaves and hundred good deeds will be written for him and hundred misdeeds of him will be washed away. And he will be shielded from shaytan until the end of the day; and nobody will be able to present anything better than this except for someone able to present anything better than this except for someone who has recited more than this.”** *[Bukhari, Muslim]*

*How to use the list?*

You do not have to say this in one time, but you can spread the dhikr during the day. For example you can sit down after every prayer to do some dhikr, or in the car or in the train, or during cooking etc.



## **\*17 - 3x Surah Al-Ikhlās, Al-Falaq, An-Naas**

This means the three times reciting of Surah 112 [Al-Ikhlās], 113 [Al-Falaq] and 114 [an-Naas]. ‘Abdullah ibn Khubayb narrated: ‘The Messenger of Allah [saw] said to me: **“Read Qul Huwallahu Ahad [surah 112] and the mu’awidhatayn [surah 113 and 114], in the morning and in the evening, [do this] three times and it will be sufficient for you in every way.”**

*[Abu Dawūd]*

The reciting of these three suwaar also serves as protection from the evil of those who are jealous of us [the evil eye or hasad].

*How to use the list?*

If you don’t do it twice but only in the morning, you can colour half of the field. Your goal is to recite them both in the morning and in the evening!

## **\*18 - 7x Hasbiyallahu...**

Allah’s Messenger [saw] said: **“Allah will grant whoever recites this seven times in the morning or evening whatever he desires from this world or the next,”**:

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

**'Hasbiyallahu la ilaha illa Huwa 'alaihi tawakkaltu wa  
Huwa Rabbul 'Arshil 'Adheem'**

Allah is sufficient for me; there is none worthy of worship except He. I have placed my trust in Him and He is Lord of the Majestic 'Arsh [the Throne].

*[Ibn as-Sunni, Abu Dawud]*

## **\*19 - 4x Allahumma inni...**

In the morning and the evening recite four times:

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ وَأُشْهِدُ حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتَكَ  
وَجَمِيعَ خَلْقِكَ، أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ،  
وَأَنْ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

**'Allahumma inni asbahtu ushhi-duka wa ushhidu  
hamalata 'arshika, wa malaa-ikatika wa jamee'a khal-  
qika, annaka Antallahu la ilaha illa Anta wahdaka la  
shareeka laka, wa anna Muhammadan 'abduka wa  
Rasooluku.'**

O Allah, I have entered a new morning and call upon You and upon the bearers of Your Throne, upon Your angels

and all creation, to bear witness that surely You are Allah,  
there is no God but You, alone, You have no partners, and  
that Muhammad is Your slave and Your Messenger.

In the evening you say: '**Allahumma inni amsaitu...** O  
Allah, I have entered a new evening ....'

**“Allah will spare whoever says this four times –in the  
morning or evening- from the Fire of Hell.”**

*[Abu Dawud, Bukhari, an-Nasa'i, Ibn as-Sunni]*

**\*20 - 1x Allahumma ma asbah'a...**

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا  
شَرِيكَ لَكَ، فَالِكَ الْحَمْدُ وَلَكَ الشُّكْرُ

**'Allahumma ma asbaha bee man ni'matin aw bi ahadin  
min khalqika faminka wahdaka la shareeka laka,  
falakal hamdu wa lakash shukr.'**

O Allah, as I enter this morning, whatever blessing has been  
received by me or any of Your creation is from You alone,  
You have no partner. You we praise and You we thank.

In the evening you say: '**Allahumma ma amsa bi...** O  
Allah, as I enter this evening....'

**“Whoever recites this in the morning has completed his obligation to thank Allah for that day; and whoever says it in the evening has completed his obligation for that night.”**

*[Abu Dawud, an-Nasa'i, Ibn as-Sunni, Ibn H'ibban]*

## **\*21 - 3x Radeetu billahi Rabban...**

رَضِيتُ بِاللّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

**'Radeetu billahi Rabban, wa bil Islami deenan, wa bi Muhammadin [sallallahu alaihi wa sallam] Nabiyyan.'**

I am pleased with Allah as my Lord, with Islam as my religion and with Muhammad as my Prophet.

**“Allah has promised that anyone who says this three times every morning or evening will be pleased on the Day of Resurrection.”**

*[Ahmad, an-Nasa'i, Ibn as-Sunni, at-Tirmidhi]*

## **\*22 - 10x ask blessings for the Prophet [saw]**

**“Allahumma salli wa sallim 'ala Nabiyyina  
Muhammadin.”**

O Allah, we ask for Your peace and blessings upon our  
Prophet Muhammad.

The Prophet [saw] said: **“Who recites blessings upon me  
ten times in the morning and ten times in the evening  
will obtain my intercession on the Day of  
Resurrection.”**

*[at-Tabarani]*

## **\*23 - Dua' against shirk**

Because shirk [polytheism, paganism] is the biggest sin, you  
should ask protection from it. You can do this by saying:

**‘Allahumma inni a'udhu bika an ushrika bika wa ana  
a'lamu, wa astaghfiruka lima la a'lamu.’**

O Allah, I seek refuge in You lest I associate anything with  
You knowingly and I seek refuge in You from what I know  
not. *[Ahmad]*

**Because whoever says this, Allah the Almighty, will remove his big as well as his small forms of shirk.**

*[Sabeeh al-Jami]*

## **\*24 - 3x Paradise. 3x Hell**

The Prophet [saw] said: **“Whoever asks Allah for Paradise three times, Paradise says: ‘O Allah! Let him enter Paradise!’ Whoever asks for protection against Hell, Hell says: ‘O Allah! Protect him against Hell!’**

*[at-Tirmidhi]*

## **\*25 - Before sleeping 33x33x34x**

This means the following: Allah’s Messenger [saw] said: **“Shall I point out to you a good case which is better for you than a servant? When you turn to your sleeping places, say: [33 times] Subhan Allah [Glory to Allah], [33 times] Al hamdulillah [all praise is to Allah], [34 times] Allahu Akbar [Allah is the Greatest].”**

*[Bukhari, Muslim]*

## **\*26 - Sadaqah**

Observing sadaqah is very important. Be generous, because whatever you spend on yourself is only temporary while

whatever you spend in the way of Allah is an investment in your Akhirah [Hereafter]. At the end of the day think about what act of charity you did during that day. This could be anything and does not only have to be with wealth. You can smile to your brother or to your sister [for the sisters] for the sake of Allah. You can remove something from the street which can harm your brother or sister. You can be patient in a situation when you have the right to be angry. You can help your family in the house. There are too many deeds to mention. But think about your intention [*niyaa*] which is very important.

The Messenger of Allah [saw] said: **“To smile in the company of your brother is charity. To command to do good deeds and to prevent others from doing evil is charity. To guide a person in a place where he can not get astray is charity. To remove troublesome things like thorns and bones from the road is charity. To pour water from your jug into the jug of your brother is charity. To guide a person with defective vision is charity for you.”**

[*Bukhari*]

## **\*27 - Fasting**

Strive for ar-Rayyaan to be opened for you. Ar-Rayyaan is one of the seven gates of Paradise. Only those who have

fasted frequently will enter through this gate on the Day of Judgment.

The Prophet [saw] would fast on Mondays and Thursdays and also the days of the full moon [i.e., on the three days in the middle of the Islamic month, so the 13th, 14th and 15th day of every Islamic month]. The reward that one can get for this is like a month of fasting, insha'Allah.

The Prophet [saw] was asked about fasting on Mondays and Thursdays, and he said: **“Those are two days on which people’s deeds are shown to the Lord of the Worlds, and I want my deeds to be shown to Him when I am fasting.”**

*[an-Nasa’i, ibn Majah, Ahmad]*

With regard to the monthly fasts, it is *mustahabb* [recommended] to fast on three days of each month.

It was narrated that Abu Dharr said: “The Messenger of Allah [saw] said to me: **“If you fast any part of the month then fast on the thirteenth, fourteenth and fifteenth.” [i.e. of the Islamic month]**

*[an-Nasa’i, Ibn Majah, Ahmad]*

It is disapproved to fast on only a Friday. Only if one fasts on the day before or the day after [i.e., Thursday or Saturday] it is permitted. Jabir [ra] narrated: ‘I heard the Prophet [saw] saying:



**“Nobody should fast on Friday, unless one fasts a day before or a day after.”**

*[Bukhari, Muslim]*

This doesn't apply when you observe the fasting of Prophet Dawud [as]. This is fasting every other day and most loved by Allah the Exalted.

It is *makrooh* [disapproved] to single out Saturday for fasting.

The Messenger of Allah [saw] said: **“Do not fast on Saturdays apart from days when you are obliged to fast. If any one of you cannot find anything other than grape stalks or the twigs of a tree, let him chew it [to make sure that he is not fasting].”**

*[Abu Dawud, at-Tirmidhi, Ibn Majah]*

What is *makrooh* in this case is for a man to single out Saturday for fasting, because the Jews venerate Saturday.

It is not permitted for a married woman to fast voluntary [outside Ramadhan] without permission of her husband, when he is present.

## **Be constant & steadfast**

Don't overdo it! Perform your deeds according to your ability but do them consistently. For many topics in the Muslim Diary apply the following sayings:

Aa'ishah [ra] reported that she heard the Prophet [saw] say:  
**“Do good deeds properly, sincerely and moderately, and remember that you shall enter Paradise only through Allah's Mercy, and also remember that the most beloved deed to Allah is that which is regular and constant even if it is little.”**

*[Bukhari]*

Allah's messenger [saw] also said: **“Do not be very strict to yourself, because then Allah will be strict to you. Verily, a people were strict to themselves, so Allah was strict to them.”**

*[Abu Dawud, Abu Yala]*

Aa'ishah [ra] reported that the Prophet [saw] came to her while another woman was with her. The Prophet [saw] asked who she was and Aa'ishah replied she was so and so. Then Aa'ishah began to speak about how much this woman prays. The Prophet [saw] then said: **“This should not happen. You should do that which is in your capacity. By Allah! Allah will not be bored until you will be bored. The most beloved way of acting by Him is that which a person does continuously.”** *[Bukhari, Muslim]*

These Ahadith forbid you to be too strict to yourself, because this can lead to extremism and leaving certain acts of worship which are obligatory. Do what lies within your capacity so that you can continue doing them.

## **In the end**

A golden tip! Keep the television off, and use this time to come closer to Allah the Almighty. Don't waste time, because before you know it you have run out of it.

The Muslim Diary can be used in your own way. Try to be steadfast and disciplined. Think about your intention and realize for Who and why you do all of this.

May Allah the most Exalted lead us on His Way with a deep knowledge upon which we will act, sincere and only for Him and may He forgive us for our shortcomings. Truly, we belong to Allah and to Him we shall return.

## **Valuable advice**

This was The Muslim Diary which you can use to improve your worshipping of Allah, Glorious and Exalted is He. There are many more things you can do. Below are a few very valuable advices:

**Whoever says: 'Subhan Allahi wa bi hamdihi, Subhan Allahil 'Azeem [Glorified is Allah and praised is he, Glorified is Allah the Most Great], a date tree will be planted for him in Paradise.'**

*[At-Tirmidhi, al-Hakim]*

Abu Musa [ra] reported: The Messenger of Allah [saw] said to me: **“Shall I tell you about a treasure amongst the treasures of Paradise? I said: surely, o Messenger of Allah. He said: 'La hawla wa la quwwata illa billahi [There is no power and no might except by Allah].”**

*[Bukhari, Muslim]*

‘Abdullah bin Busr said that a man asked the Prophet [saw], “O Prophet, there are so many ways that we are permitted to worship Allah. Please give me a simple thing that I can do.’ The Prophet [saw] said: **“Let your tongue always be moist with the remembrance of Allah.”**

*[At-Tirmidhi, Ibn Majah]*

Abu Hurayrah [ra] reported that the messenger of Allah [saw] said: **“Reciting Surah al-Ikhlās is equal to [reciting] one third of the Qur’an.”**

*[Muslim]*

‘Uqbah bin ‘Amir [ra] said: **“Whoever sits and does not mention the Name of Allah before he rises will find it a cause of sorrow. Whoever lies down to sleep and does not mention the name of Allah before rising will find it a cause of sorrow.”**

*[Abu Dawud]*

‘Umar ibn al-Khattab [ra] reported that the Prophet [saw] said: **“There is not one of you that makes wudhu, and does it perfectly, then says: ‘Ashadu an la ilaha illallahu**

wahdahu la shareeka lahu wa ash-hadu anna Muhammadan ‘abduhu wa Rasooluhu [I testify that there is no God but Allah alone, He has no partner; And I bear witness that Muhammad is His slave and His Messenger’], except that the eight gates of Paradise are opened for him, and he can enter into it through whichever one he pleases”.

*[Muslim]*

At-Tirmidhi added to this supplication:

**‘Allahummaj’alni minattawwa-beena waj’alni  
minal mutatahhireen.’**

‘Oh Lord, let me be of those that repent and let me be  
of those that are purified.’

The Prophet [saw] said: **‘Whoever takes a bath on Friday, washes himself, uses oil or perfume; and then goes to the Masjid early in the afternoon and takes his seat slowly and without pushing or disturbing the people; then observes voluntary prayers as much as he can; then listens silently to the khutbah, all his sins in between this and coming Friday will be forgiven’**

*[Bukhari]*

If you want your eyes to be protected against the Fire of Hell, then cry out of fear for Allah the Almighty, or stand guard on the Way of Allah the Most Merciful at night.

Ibn ‘Abbaas [ra] reported that he heard the messenger of Allah [saw] say: **“Hell will not touch two pairs of eyes: the eyes that cry out of fear of Allah and the eyes that stand guard at night in the Way of Allah.”**

*[at-Tirmidhi]*

The Prophet [saw] said: **“Oh people, repent to Allah, because I repent hundred times a day.”**

*[Muslim]*

**“...so whoever would hope for the meeting with his Lord - let him do righteous work and not associate in the worship of his Lord anyone.”**

*[Surah al-Kahf, ayah 110]*

Finally, the preparation to meet Allah [swt] must be the purpose and ultimate goal of our existence. This will set the course and direction of our entire lives – to live according to the Qur’an, as shown by the most noble of exemplars, Muhammad, whom Allah’s peace and blessings be upon.

Peace and blessings be upon our Prophet, Muhammad, and upon his family and his Companions, and all those who follow in their way until the Day of Judgment.

